



# Life Skills: Cooking on a Budget

Ages 14-19

**Abbotsford 3:30PM-6PM**  
**Thursdays May 16-June 6th**

Free Workshop series open to Indigenous Youth in care or previously in care ages 14-19. Create and share a meal together, learn simple recipes, tips on how to shop and prepare foods on a budget, nutrition and practice kitchen safety

Registrations and questions can be sent to  
**[Registration@xyolhemeylh.bc.ca](mailto:Registration@xyolhemeylh.bc.ca)**

Fraser Valley Aboriginal Child and Family Services Society  
[WWW.FVACFSS.CA](http://WWW.FVACFSS.CA)